

What is counseling?

Talking things over with someone, having someone listen to you, support you and help you to find solutions -- that is what counseling is all about. Families and friends often take on counseling roles for each other. But sometimes working with a counselor is best.

Life can be so demanding that sometimes there isn't any time to sort out the little problems, and before you know it, they've grown into giant problems.

- ◆ problems at school
- ◆ problems with friendships
- ◆ problems with parents
- ◆ problems caused by alcohol or drugs
- ◆ problems caused by money
- ◆ problems about body image or self-esteem
- ◆ feeling depressed, angry or confused.

Different types of counseling

If you are assigned to a residential facility, your counselor will spend time getting to know you. You will be doing most of the talking, because you are the expert on your problem. The counselor will be listening and helping you to work out what your problem is and what strategies you can try to fix things.

What is a family ombudsman?

You and your family can share concerns and suggestions for improving services with the family ombudsman. This person's job is to help make things as smooth as possible for you and your family while you are living in one of the facilities of the Office of Youth Development. This person can help with questions or concerns that your family may have about your stay with OYD.

You and your family can write to the ombudsman at the following address:

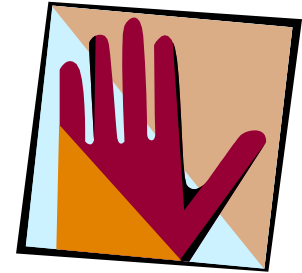
Family Ombudsman
La. Office of Youth Development
P.O. Box 66458
Audubon Station
Baton Rouge, LA 70896



Kathleen Babineaux Blanco, Governor of Louisiana
Simon Gonsoulin, Deputy Secretary
La. Office of Youth Development
P.O. Box 66458, Audubon Station
Baton Rouge, LA 70896
www.oyd.louisiana.gov
July 2006

Louisiana Office of Youth Development

PLEDGE FOR SAFETY



As a person dedicated to living a safe and happy life, it is my responsibility to do the best that I can to keep myself, my home and my community safe.

Therefore, I pledge to:

1. Show respect for myself and for others.
2. Promote safe solutions to conflict.
3. Be a positive role model for others.
4. Help maintain safety in my home and community.
5. Do the right thing and do it right!



Be the boss of your anger!

Sometimes you just get so angry that you feel like you are going to burst! It seems like your anger will be the boss of you, instead of you being the boss of your anger. Learning ways to control your anger and then using them can make you feel better. Learning to stand up for yourself without hurting people feels good, too.

- A** **Avoid.** Don't let your anger or the anger of others control you.
- N** **Never** use your body or your voice to hurt others.
- G** **Get away** so that you manage your anger safely.
- E** **Evaluate.** Think about your choices, and then make a choice which keeps you and others safe.
- R** **Responsible.** You are responsible for your feelings. No one can make you angry. You allow yourself to become angry.

What is conflict resolution?

Sometimes we all get pretty angry. We may feel that something is unfair, something has been taken or broken that we value, someone is being mean or we were not getting a fair chance at something. So what do we do? Well, we could throw a huge tantrum, get really upset and be mean to everybody. Would any of these things solve the problem? Nope! Well, then - what could **YOU** do?

Conflict Resolution

Try to resolve things so that everyone gets a fair shake. There are 5 things that you need to do.

- 1 Listen
- 2 Understand
- 3 Avoid making things worse
- 4 Work together
- 5 Find the solution



How peer pressure can affect people.

Positive		Negative
Stops and thinks +	YOU	Doesn't think of consequences +
Makes good decisions +	CAN	Does what others want, Copies work, Talks in class +
Takes action to avoid trouble +	MAKE	Always ready to join in trouble, Tells lies. +
Uses positive peer pressure = A person who is respected, trusted and gains privileges	A CHOICE	Uses negative peer pressure, Teases others, Leaves people out. = A person who is not respected, not trusted and loses privileges.